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Discussion Paper No. 1

# Demographic Trends & Social Adjustment

Prepared for

The Regional Chairman's Task Force on  
Sustainable Development

by

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## 1.0 Introduction

Regional Council, through the *Task Force on Sustainable Development* is asking the people of Hamilton-Wentworth to think about the "kind of community they would like". Many aspects of life in Hamilton-Wentworth are directly related to the growth, composition and distribution of the population. It is, therefore, appropriate to make an examination of population trends, to assist in the development of a community vision.

The study of population trends is important because both the natural environment and man-made systems are limited in the number of people they can support. Municipal services such as road networks, water and sewer systems, solid waste disposal and social services (i.e. education, health) are designed to serve a maximum number of people. The demands or uses we make of the natural environment are limited by factors such as the availability and quality of water.

Population trends play a key role in the development of public policies. The size and composition of the labour force and the overall productive capacity of the economy can be tied to demographic trends. The shift from young to old has far reaching implications on the cost and nature of social programs. Changes in the character of the population, like the changing role and status of women, along with the emergence of a wide range of family types has meant increased pressure for services such as adequate child care. The number and origin of people moving into the region can alter economic variables such as the growth and skill composition of the labour force, plus the ethnic and cultural make-up of the population.

### 1.1 Definitions

*Population trends* are the patterns of change in the size, geographic distribution and composition of the population, as well as, the underlying processes of fertility, mortality, and geographic mobility. Changes in the size, distribution, and composition are the direct result of the operation of such processes.

*Population size* is the number of people living in a geographic area at a given time. *Population distribution* refers to the way in which a population is spread over a given territory.

*Population composition* refers to the characteristics of the population across several demographic, social and economic attributes. For example, the allocation of the population among the categories of age (children, young adults, middle age, and the elderly) is known as the age composition. Other kinds include ethnicity, marital status, education and occupation.



## 2.0 The Processes of Population Change

Population trends result from the interaction of fertility, mortality, and migration rates. Fertility is the process of bearing children while mortality refers to the end of life. Migration is the process of changing one's place of residence.

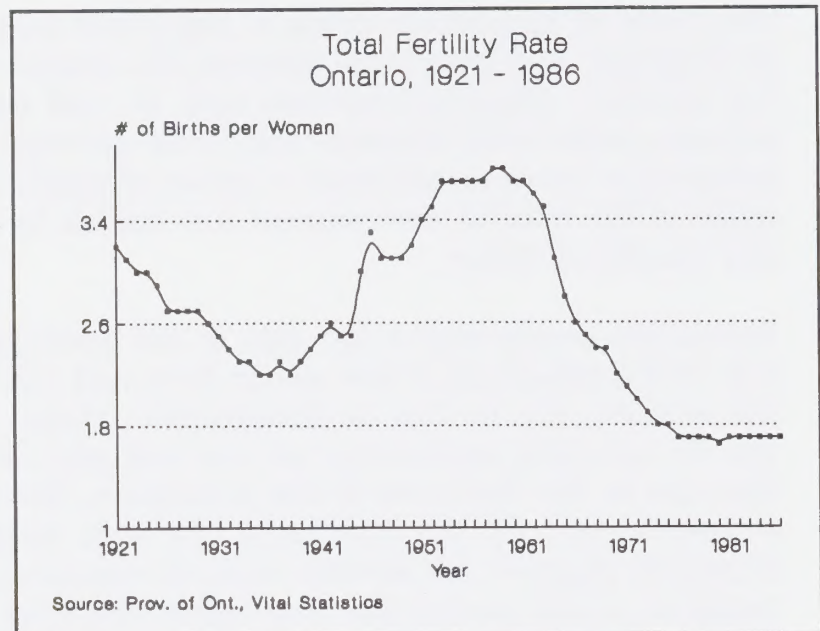
### 2.1 Fertility

The 20th century, in Ontario, has been marked with four major phases in fertility patterns. From 1921 to around 1937 there was a strong decline every year in the total fertility rate (number of births per woman). This decline reflected a trend towards smaller families and was compounded by the effects of the Great Depression. Between 1937 and 1959 fertility rates increased, particularly after the end of World War Two. From the

mid-1960s until the mid-1970s there was a slow steady decline to below the replacement level of 2.1 births per woman. Since the mid-1970s fertility rates have remained constant at the low level of 1.67 births per woman.

Fertility rates are projected to remain at this low level because of factors such as:

- o the increased rates of childlessness among married couples;
- o the shift towards a later age of first birth among Canadian women;
- o the declining marriage rate among people below the age of 30;
- o the increased availability and effectiveness of contraception, permitting more effective family planning;
- o the increased labour force participation of women, particularly those in professional careers; and
- o the current economic conditions, that require a dual income, if couples wish to maintain the lifestyle they were accustomed to prior to marriage.





This drop and stabilization at a low birth rate is characteristic of almost all developed countries. In Quebec and some European countries the fertility rate has fallen even lower and the response by government has been an offering of financial incentives for families to have more children. The goal of these policies is to try and maintain population levels without relying solely on outside immigration.

A continued low fertility rate will influence the social and economic composition of Canadian society. For example, the drop in fertility rates has slowed the rate of population growth. The level of population growth, largely determines the demand for new employment, housing, education, health and other social and economic benefits.

Federal and provincial governments may eventually try to and develop policies for encouraging people to have larger families. Possible actions are the offering of better child-care, extended maternity leave, more generous family allowances, remuneration for housewives, flexible working arrangements and part-time opportunities. An example, of policy in this direction is the recent extension of eligibility for unemployment insurance for new mothers and fathers.

However, policy development of this type may still fail to create equality in opportunities for both women and men. The emphasis is still on the woman to be the parent. Greater equality in the workforce will only occur with the development of policies that encourage men and women to share all the responsibilities of child rearing.

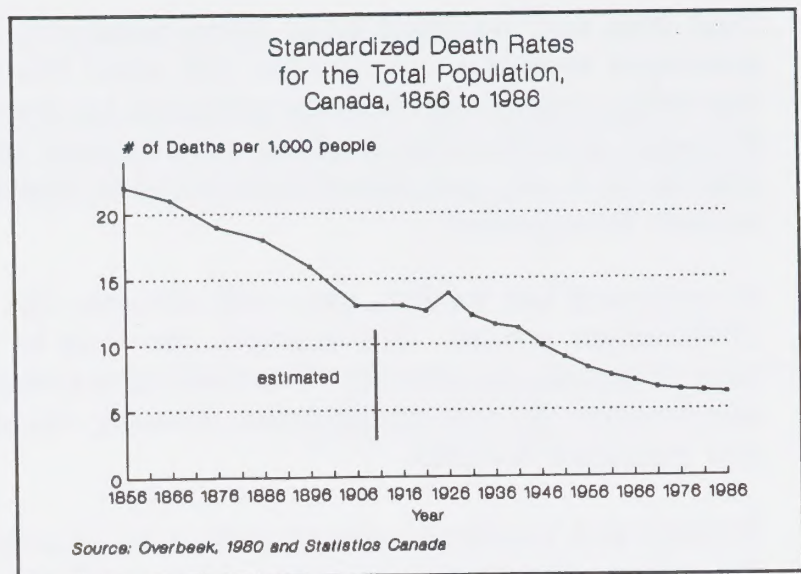
The age when women first have children is also changing. Many women are now waiting till their late twenties or thirties to have children. The timing of child-bearing and the number of children borne affects the age gap between generations and hence the economic activities of the family members, particularly women. Other concerns are the increased chance of breast cancer for women who wait until their thirties to have children and an increased risk of birth defects.

## **2.2 Mortality**

Prior to the 18th century mortality rates in Europe were high and fluctuating. Mortality rates fluctuated in response to events such as wars, famine, and epidemics. Protein and vitamin deficient diets were common in Europe until the end of the 19th century and are still common in much of the Third World. There was limited defense against infectious illnesses such as typhoid, measles and whooping cough. Like much of the Third World today, there was a complete absence of any sanitation.



Late in the 19th century a medical and public health revolution occurred which resulted in a dramatic decline in European and North American mortality rates. Garbage removal, sewer systems, and water purification combined with advances in the science of immunization and in preventive and curative medicine greatly improved public health.



The majority of these advances have been of a greater benefit to the young rather than the old. Problems of childbearing and delivery, childhood diseases and mortality relating to diet and sanitation have been greatly reduced. The most significant result of reduced mortality rates is an increase the number of people who survive into old age.

Only recently have there been improvements in life expectancy after childhood. Medical advances are being made in the control of heart disease and strokes. Life style changes such as reductions in smoking and increased access to medical screening and care are improving the individual's life expectancy. These and other factors caused the drop in death rates for elderly women and more recently elderly men. The improved life expectancy of older people means many more will live well into their eighties and beyond.

The point is being reached where the majority of people in the First World either die early in life from specific childbirth problems, or from degenerative diseases due to the deterioration or the stoppage of a vital body process. It is unlikely that there will be any further dramatic decreases in the mortality rate. The human life span will only be increased through an improved understanding of the aging process.

Mortality rates may change in the future because of the increased production and use of hazardous chemical compounds. Cancer rates continue to increase while lifestyle changes such as decreased smoking are occurring. Although the link is not fully proven, it is possible that exposure to things such as industrial chemicals and wastes, engine exhaust, and radon are the possible cause of increased cancer. The future may witness a spread of cancer or new diseases which will prevent any further increase in life expectancy.



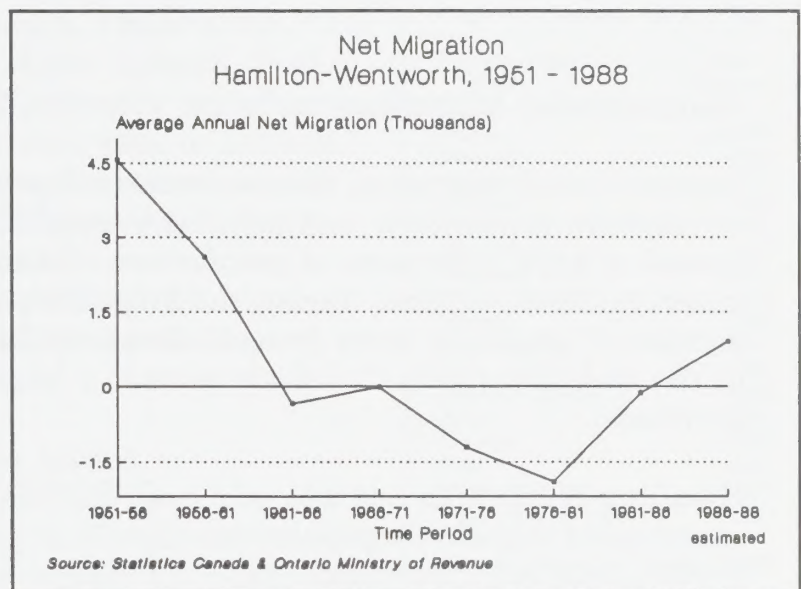
## 2.3 Geographic Mobility

As fertility and mortality rates become stable and largely predictable, the movement of people becomes more important in explaining dramatic changes in population trends. Migration is the most unpredictable component of population change. To a large extent, people make a long distance move in response to economic opportunities, which can quickly change. Although difficult to predict, migration is the only component of population change which can be influenced by local government policies.

Net migration is the difference between the number of people moving into a region and the number of people leaving the region. There are 3 types of migration influencing regional population trends - international migration, interprovincial migration and intraprovincial migration.

Net migration rates in Hamilton-Wentworth fluctuate in response to federal immigration policies and changing regional economic opportunities. In the 1950s there was a strong positive rate reflecting the large movement of people to Canada after World War Two. During the oil boom in the 1970s there was a strong negative rate. In the 1980s the trend reversed due to increased

immigration levels and the strong performance of the Ontario economy. Migration is projected to remain positive due to federal policies supporting increased immigration levels, and will be responsible for half of Hamilton-Wentworth's net population growth during the next 15 years.



### *International Migration*

International migration is an important component of population growth in Hamilton-Wentworth. In 1986, 25% of Ontario's and Hamilton-Wentworth's population was born outside Canada while the proportion nationally was only 16%. Levels of international migration are very dependent upon Federal immigration policy. Since the mid-1980s, the federal government has slowly increased annual immigration levels from 75,000, to 250,000 in 1991.



Although immigration levels are still low (less than 1% of Canada's total population) over 50% of the immigrants are destined for Ontario. Over 60% of those coming to Ontario settle in Toronto while Hamilton-Wentworth receives between 2 to 4%. Ontario is projected to receive an annual average of 80,000 immigrants through the 1990s which means Hamilton-Wentworth can probably expect an estimated 1,500 to 3,500 international migrants every year.

Continued international migration to Hamilton-Wentworth will present a number of challenges. A change in the origin of migrants will shift the nature of demand for education, health, social, and cultural services because of changes in the racial, cultural and religious composition of the population. Because of possible cultural and linguistic barriers, immigrants could experience difficulty gaining access to community services. With continued immigration the demand for housing, jobs and other goods will remain high.

### *Interprovincial Migration*

Interprovincial migration, the movement of people between provinces, fluctuates in response to economic and political events. During the 1970s the oil boom caused a large movement of people from Ontario to western Canada. Political uncertainties in Quebec during the late 1970s and early 1980s caused a number of people to move from Quebec into Ontario. Strong economic growth in the mid-1980s helped Ontario attract a large number of migrants from all provinces.

Hamilton-Wentworth has not experienced significant population growth from interprovincial migration. Between 1981 and 1986 the net interprovincial migration for Hamilton-Wentworth was only 435 people, representing an annual average of 87 people.

Migration To and From Hamilton-Wentworth, 1981 - 1986				
	Intra- Provincial	Inter- Provincial	International Migration	Total
In-Migration	51,640	9,100	7,240	67,960
Out-Migration	55,390	8,655	3,310	67,365
Net Migration	-3,740	435	3,930	615

*Source: Statistics Canada, Small Area Data Division.*

The number of interprovincial migrants to Ontario is declining from the high levels of recent years. Hamilton-Wentworth can expect annual net gains from interprovincial migration of fewer than 100 people. The level of migration, however, can change dramatically due to shifts in regional economics.



## *Intraprovincial Migration*

Intraprovincial migration, the movement of people from region to region in Ontario, is the most important component of migration, by volume. It accounted for 80% of the migration to and from Hamilton-Wentworth between 1981 and 1986. Intraprovincial migration is the component of migration which consistently produces large negative flows of population from the Region.

Slow population growth between 1976 and 1981 was largely the result of negative net intraprovincial flows totalling 7,500. Between 1981 and 1986, the number of negative net intraprovincial migrants was 3,740. Intraregional losses probably declined further during the late 1980s.

Between 1981 and 1986, the region experienced a large net gain of migrants from Halton but large net losses to almost all other regions in Ontario, in particular Haldimand-Norfolk, Metro Toronto, Peel and Niagara. Why Hamilton-Wentworth experiences a negative intraprovincial migration rate is difficult to determine. The only evidence is a recent survey of new home owners in Beamsville in the Niagara Region. Just over 50% of those who moved from Hamilton-Wentworth stated they moved for more affordable housing. The remainder stated they moved for quality of life factors.

Hamilton-Wentworth's ability to attract intraprovincial migrants is dependent upon the competitive advantages of living in Hamilton-Wentworth as opposed to other regions in southern Ontario. This includes not only employment opportunities but also housing choice, quality of life amenities and adequate transportation.

Net Migration Flows Between  
Hamilton-Wentworth & Other  
Regions in Ontario, 1981 - 1986

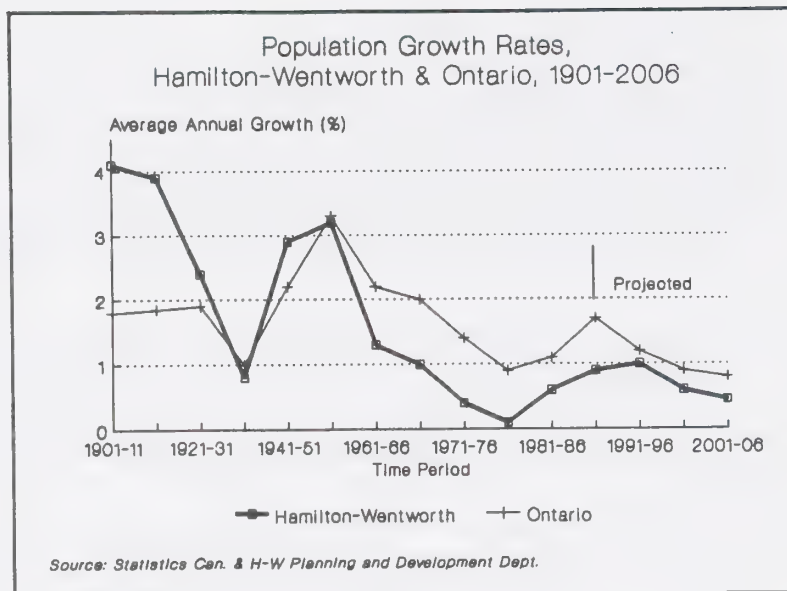
To Ham-Went From	Net Migrants
Halton	+2,360
Sudbury	+180
Algoma	+100
Durham	-105
Grey County	-105
Parry Sound	-120
Waterloo	-140
Bruce County	-170
Simcoe	-255
Wellington	-310
York	-350
Ottawa-Carleton	-385
Brant	-385
Niagara	-520
Peel	-805
Metro Toronto	-1,115
Haldimand-Norfolk	-1,365

Source: Statistics Canada, Small  
Area Data Division.

## **3.0 Population Growth in Hamilton-Wentworth**

Population growth has a number of economic effects. On the supply side a growing young labour force tends to be more adaptable, flexible and mobile. On the demand side there are both direct and indirect effects. Population growth directly effects the demand for new housing, schools, and nursing homes. Population growth and change has an indirect affect through changing consumer demand.

Before the 1920s, population growth rates in Hamilton-Wentworth exceeded the provincial rate, reflecting the urbanization of Ontario and the early economic growth of Hamilton-Wentworth. Since the 1930s Hamilton-Wentworth has experienced population growth trends comparable to province wide trends. The rate of growth declined to almost zero in the late 1970s when there was a large migration of people to Alberta during the oil boom.



In the 1980s the rate of population growth increased because of economic growth in Ontario, increased international migration and an increase in the number of births. The rate of population growth is projected to drop in the future because of a decline in the number of births due to a decrease in the number of new families.

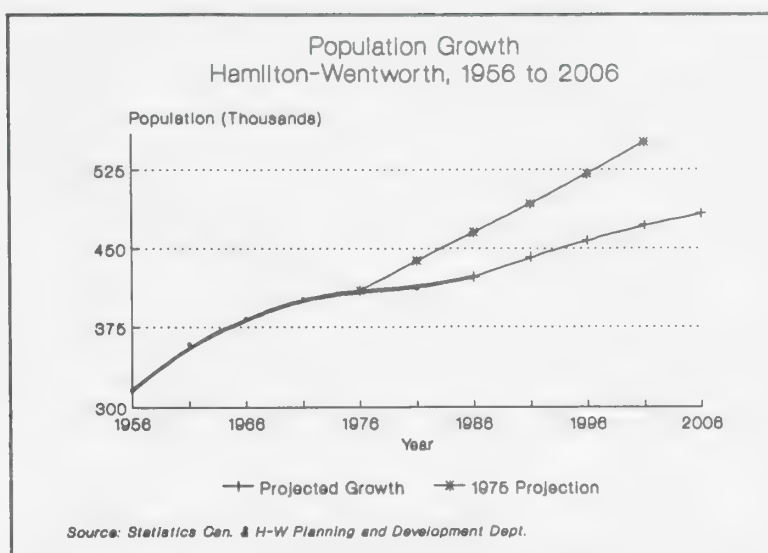
Hamilton-Wentworth's population is projected to increase by 50,000 people by the year 2006. Continued population growth implies increased demand for things such as new housing, employment, infrastructure, transportation and other local community services.

Growth pressures will occur in Hamilton-Wentworth with actions such as improved GO Train service. Improved transportation access to Toronto and region combined with housing costs that are lower could attract an increased number of people from the Toronto area to Hamilton-Wentworth. Population growth in the Greater Toronto Area and the associated pressures will affect Hamilton-Wentworth.

The Planning and Development Department's population forecast prepared in 1975 predicted a total population of 550,000 for Hamilton-Wentworth by the year 2001. This forecast was adopted by Regional Council in February, 1976 and used to guide the development of the Regional Official Plan. It was estimated that 79,000 new dwelling units and 6,880 hectares (17,000 acres) of serviced land would be required to satisfy the residential, commercial and industrial growth that would result from the projected population growth. Based on these projections a suitable supply of rural land was designated for future urban growth. Since then, minor changes have been made to the amount of land designated for future urban expansion.



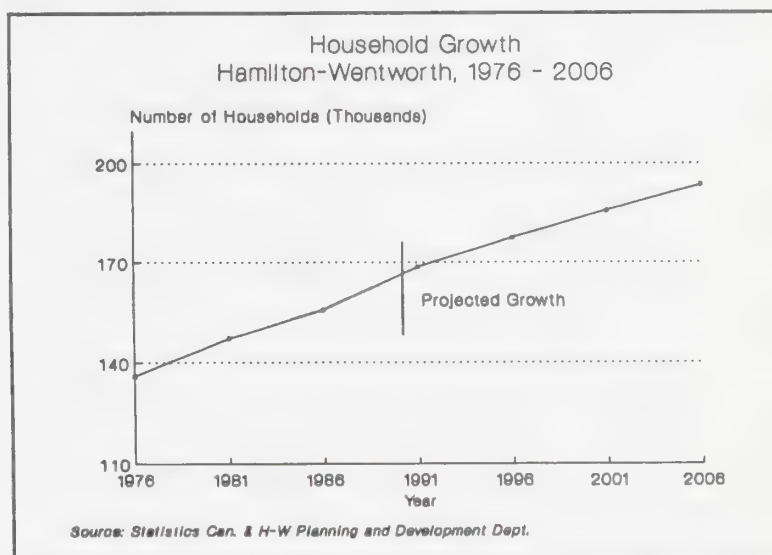
It is clear that actual population growth has been significantly lower than that predicted by the projection prepared in 1975. Population projections prepared in 1988 estimate the 'most likely' regional population as 485,000 by the year 2006. The projected population in 2001 is 472,000 a shortfall of almost 80,000 from the projection prepared in 1975.



Population growth is far below the projected growth used as a base for the Regional Official Plan. Even so, there is pressure for urban boundary expansion in many of the suburban municipalities because of demographic and social trends, such as smaller families and increased divorce rates, that were not originally expected in 1975. These trends have implications for planned land-uses and for social and economic policies.

Despite Hamilton-Wentworth's slow rate of population growth, there has been large growth in the number of households in the region. This growth is the result of a decline in average household size from 3.8 persons in 1961 to 2.7 persons in 1986. Changing attitudes about the traditional family unit, increased divorce and separation rates, low fertility rates, increasing affluence, and growth in the number of people living alone are some of the factors contributing to the decline in household size.

The number of households in Hamilton-Wentworth increased by 14% from 136,100 in 1976 to 155,600 in 1986. Projections (most likely scenario) prepared in 1988, estimate there will be 193,400 households by the year 2006. An increase of almost 40,000 households implies a need for at least 40,000 new dwelling units between 1986 and 2006. If current trends in residential construction continue, the



development of these new dwelling units should result in the existing supply of vacant designated urban residential land being fully developed between the years 2006 and 2011. Although the 1975 population projection will not occur, the unforeseen decline in household size resulted in large household growth. This combined with factors such as increased family income and changed housing preferences resulted in the large demand for residential land.

Slower than expected population growth, however, resulted in slow labour force growth which partially resulted in a low rate of absorption of vacant designated industrial land. Current estimates indicate the vacant designated industrial land supply will satisfy needs for the next 50 to 60 years.

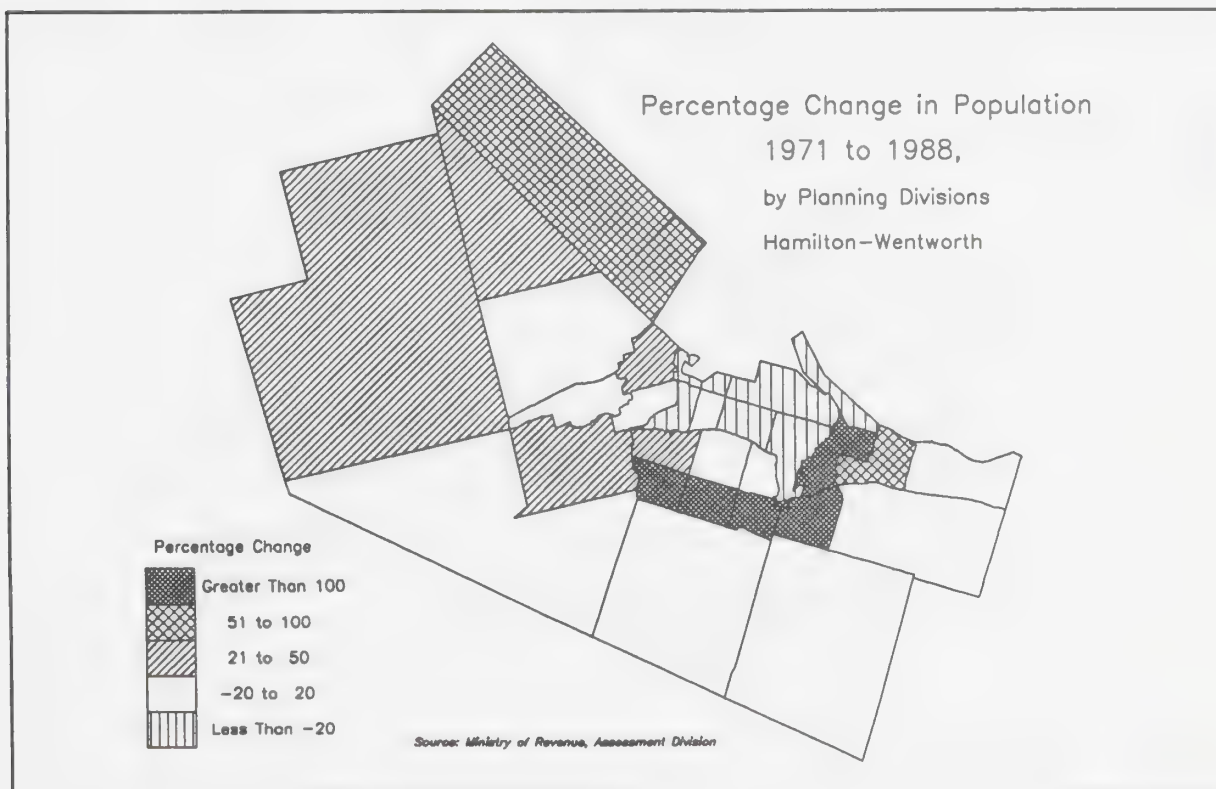
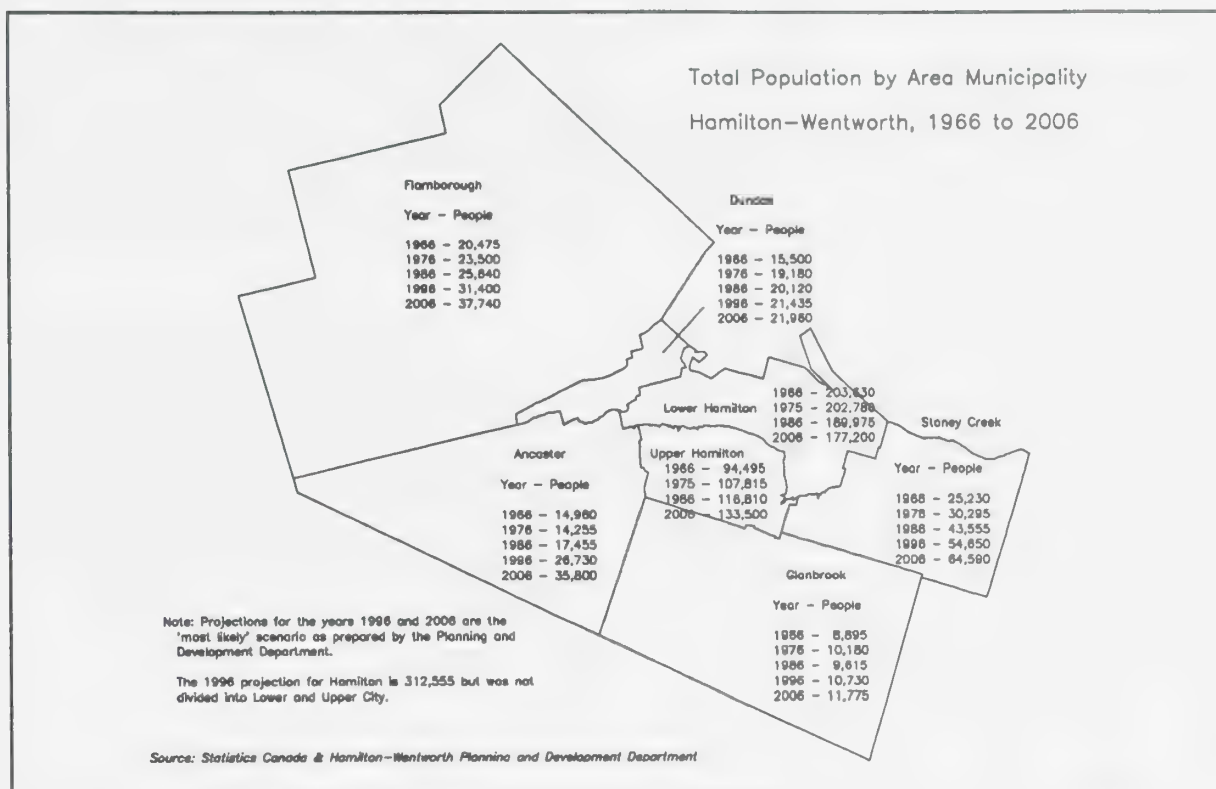
The changing rate of population growth and, in particular, household growth presents a challenge to planners to provide for efficient and maximum usage of municipal services. Traditional models, based on the family structure of the 1950s, no longer apply. For example, many of the older neighbourhoods in the Region (e.g. East End of Hamilton) have a smaller total population size than when originally developed. These areas are, however, facing growth pressures in many different ways. The number of households have increased and consequently the number of private vehicles and the demand for adequate parking. The smaller total population suggests that water and sewer infrastructure are underutilized but people now use more water per capita than during the 1950s because of things such as dishwashers, and clothes washers.

## **4.0 Geographic Distribution**

In the last few years the greatest population growth has occurred in Flamborough, Ancaster and Stoney Creek. Hamilton has not registered any significant population growth in recent times, but instead has experienced a decline in population in the older areas of the lower city and an increase in population in the southern part of upper Hamilton. The number of people living in Glanbrook and Dundas has remained relatively stable. Forecasts to the year 2006 do not project any changes to these trends.

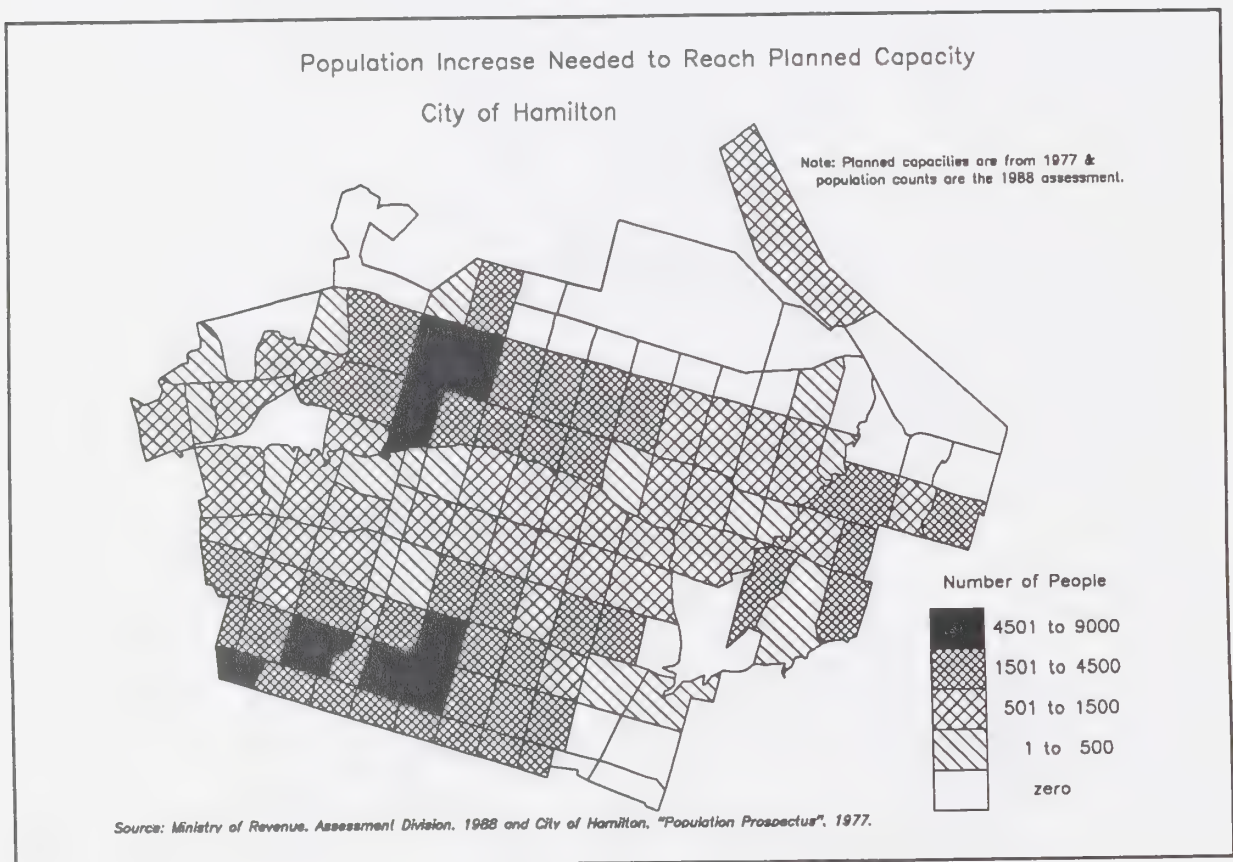
The geography of population growth reflects the availability of serviced land for new residential development. Dundas has limited growth potential while growth in Glanbrook is limited by a small supply of serviced land. Flamborough, in particular the Waterdown area, will experience large growth upon the completion of services currently under construction. Stoney Creek, Ancaster, and the south mountain of Hamilton have large supplies of serviced or partially serviced vacant designated urban residential land.





Each neighbourhood or planning unit in the region has a planned capacity population that can be supported by existing or planned local services (e.g. roads, schools, water and sewer). Many neighbourhoods which are considered fully developed have the capability of supporting a greater number of people. The rapid decline in household size is the biggest reason why there is a smaller than planned population in many neighbourhoods.

As way of example, the following map shows neighbourhoods in the City of Hamilton and the number of people each neighbourhood could potentially support in addition to the existing population. Similar situations exist in every area municipality. Hamilton's central core and the undeveloped areas of the mountain are the two largest areas that could support more people. In the central core the planned number of housing units may exist but the smaller than expected average household size has meant the planned population density has not been achieved. As mentioned earlier many areas of the Lower City may have excess water and sewer capacity but roads and in particular parking may be over utilized. The population has decreased but the number of households and consequently private motor vehicles increased.





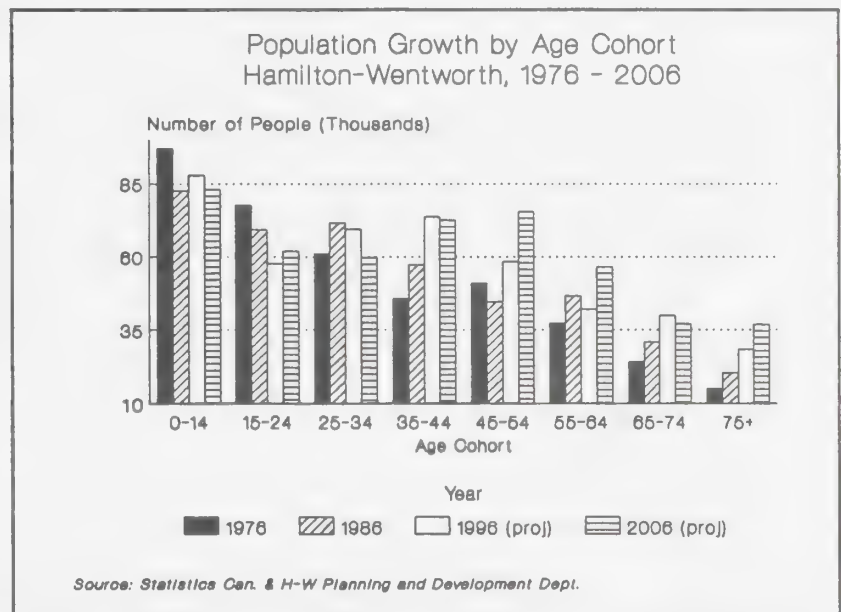
## 5.0 Population Composition

Shifts in the proportional representation of different population sub-groups are sources of social problems and related public policy concerns. A great variety of composition attributes and population sub-groups could be examined. Only the major components are examined: age, the family, and ethnicity.

### 5.1 Age Composition

There are a variety of social and economic issues that arise from the changing age composition of the population. A report much longer than the present one could be devoted to this topic alone, since the consequences touch a wide spectrum of areas - dependency, labour force mobility and productivity, adequacy of personal retirement incomes, housing, community services, demand for education, and the rules concerning retirement from the labour force.

Increases in life expectancy and the aging of the Baby Boom Generation have contributed to large scale changes in the age distribution. Three significant trends are: (1) the dramatic decline in the number of young adults and consequently new labour force entrants, (2) the movement of the baby boom into middle age, and (3) the aging of the elderly population.



#### *Children (ages 0 to 19)*

The drop in fertility rates is reflected in the large drop in the number of people aged 0 to 19 in Hamilton-Wentworth. In 1971, there were 147,135 people aged 19 and under in the Region representing 37% of the total population. By 1988, there were only 112,400 people aged 19 and under making up 26% of the total population.

Although there has been a large decrease in the number of children due to the drop in the total fertility rate, it is projected that the number of children will

become stable and even slightly increase. The increase in the number of children is not due to a change in the fertility rate but rather to an increase in the number of baby boom couples who had postponed children to pursue careers now wishing to become parents. The increase in the number of births is called the "Baby Boom Echo". The number of people aged 19 and under is not expected to decrease again until early in the next century.

In addition, to change in the number of children, other trends of significance are the increasing number of children living in poverty and single parent families. Increased divorce and separation rates and births to single mothers are the major causes of an increasing number of children living in single parent families. In 1951, only 3% of all births in Ontario were to unmarried mothers. By 1986, the proportion jumped to about 11% of all births. The majority of unmarried mothers are, however, in their twenties. There has been a marked decrease in the number of adolescent women giving birth. In 1976, about 11% of Ontario's female teenagers gave birth as compared to about 6% in 1986.

There are a number of possible implications of the projected changes in the number of children. Although the number of people aged 19 and under in Hamilton-Wentworth should remain around 115,000 for the next 15 years, the ratio of children to the total population will continue to decline. This means a continued shift of public expenditures from the young to the old.

The decline in the need for public expenditures on the young could be offset by continued increases in stress related trends such as family break-up and poverty. Currently, 15% of Ontario's children live in families with incomes below the poverty line and the proportion is increasing. An increase in the number or proportion of families requiring assistance will create further demand for public funds.

The largest effect should be in the education system, where schools may be closed in older neighbourhoods (i.e. the suburbs of the 1960s) while new schools will be built in developing areas. The baby boom echo also creates a short term service requirement that can be sustained only through increased immigration. This suggests that many of the facilities provided for the young should be designed for alternatives in recognition of the fact that the number of children will soon decline.

The decline in the number of children is reflected in declining family sizes. The number of families with 6 or more members is one-third what it was in 1971. Children have few or no siblings meaning a greater number are learning socialization skills outside the home in child-care centres and junior kindergartens. The implications, if any, of this trend have yet to be observed.



### *Young Adults (aged 20 to 34)*

The number of young adults in Hamilton-Wentworth peaked at just over 100,000 in 1986 and began to decline in size as the baby boom generation moved into middle age. This large drop will affect everything from consumer patterns and housing needs to labour force composition and mobility.

The baby boom generation is the driving power behind the economy. It was responsible for much of the surge in sales of automobiles, furniture, appliances and housing as new households were established and as the early baby boomers entered the high income middle aged category. This group's shift into middle age will be a significant influence on the retail industry. For example, the last of the baby boom is now graduating from university. This group tends to be one of the largest making new car purchases. The drop in auto sales, one of the major components of the national economy, could effect areas like Hamilton-Wentworth dependent on steel production. In addition to the age structure, consumer demand is affected by other factors such as the number of women working, the aging of the population, and family income levels.

People aged 19 to 29 make up the majority of new entrants to the job market. The number of people in this age group has reached its maximum and begin to decline in number. A smaller number of new labour force entrants will affect the hiring flexibility of institutions such as the armed forces, government bureaucracies, insurance companies, banks and others that usually seek youthful recruits. The retail trade sector, where a third of employees are under age 25, is likely to experience difficulties in recruiting sufficient staff. Increased automation or the recruitment of older workers are probable future remedial actions.

The number of petty crimes committed could potentially decline with a drop in the number of people aged 19 to 29. This age group tends to be most prone to crime particularly non-violent crime. However, other factors, such as the strength of the economy, the incidence of unemployment, and the strength of social networks also play a major role in influencing crime rates.

This group also has the highest divorce and separation rates. Although no one projects a decline in the rates there could be a drop in the number of divorces and separations due to the decline in the size of this age group. Conversely the number of new families and households will also decline.

The type of housing demanded and needed will change. The 19 to 29 age group has the greatest tendency to rent their dwelling and a decline in the size of this group means a potential reduction in the demand for rental housing. Fewer young families will slow the demand for and construction of new housing.

### *Middle Age (ages to 35 to 64)*

The Baby Boom generation, currently between the ages of 25 and 45, will be aged 40 to 60 by the year 2006. The number of people aged 35 to 64 in Hamilton-Wentworth is projected to increase from 151,000 in 1988 to an estimated 204,600 people in 2006. No other age group will experience such a large increase. This movement into the middle years of life by the population bulge has several implications.

By the year 2011 just over 40% of the labour force will aged 45 and over, where in 1986 only 27% of the labour force was over age 45. As the labour force ages it will become increasingly difficult for it to re-adjust to economic change. Employment retraining and improvement will become increasingly important, if Canada is to compete in world markets.

As a greater number of people approach 65, the issues of forced and early retirement should become more important. Some industries may try to encourage workers to take early retirement in an effort to open up positions for younger workers while others may ask workers to remain past age 65 because of a lack of young workers willing to fill vacated positions.

As the baby boom generation moves into middle age there could be an increase in the number of households looking to trade-up their home. Many will have the financial ability because of the dramatic increase in two-earner families that occurred in the 1980s and 1990s. With an improved purchasing power it is possible that many will desire larger homes with larger lots or even rural residential estates. The type of housing desired by this age group in the future will be dictated by their financial capabilities and the growing diversity of family types.

Recreational and leisure pursuits will change as the baby boom ages. Strenuous activities and sports like tennis, weight lifting, hockey, racquetball and hiking will become less prevalent, while more leisurely past times like bird watching, photography, painting and going for walks should increase in popularity. The amount of time and financial resources spent on travel will probably continue to increase as it has in the past several decades.

Because the baby boom will have made many of its major purchases consumer demand will shift. Savings will probably increase and consequently so will the amount of investment capital available to the economy.



### *The Elderly (aged 65+)*

Much has been written and published about the greying of our population. Through the 20th century the elderly have increased in number and continue to make up a growing proportion of the total population.

However, during the next 15 years the rate of increase in the elderly population will decrease because the people entering old age are those born during the 1930s when birth and immigration rates were low. The significant trend for the 1990s, is the large increase in the number of elderly living well into their eighties. This trend is of particular concern because the old elderly are often the ones in greatest need of public assistance and care.

As a person gets older the likelihood of a disability increases. Because of aging and improvements in medicine, it is projected that there will be a 36% increase in the number of people with disabilities by the year 2006. The number of people in Canada with Alzheimer's Disease, the leading cause of cognitive impairment, is projected to increase from 300,000 to over 700,000 by the year 2020.

The elderly boom will start in the year 2011, when the first of the baby boom generation reaches age 65. The elderly boom should peak during the 10 year period between 2015 and 2025 when the majority of the baby boom generation reaches age 65. Just as the baby boom filled schools to overflowing during the 1960s and 1970s the elderly boom of the next century will present a challenge to society to deal with the projected dramatic increase.

Many elderly persons will require a number of community based health and social services to help them remain in their own homes. There are already growing demands to create more services for senior citizens in the community and to change the role of social service institutions. The increasing number of elderly presents a challenge to create a whole range of new social services for the elderly with multiple options for independent lifestyles.

While the majority of old people live independently, a substantial portion, particularly among the very old, require some assistance. As the aging of the population continues, the children of the very old (age 80+) will be old themselves and may be less able to take on the role of care-giver for their parents. Increased female participation in the labour-force will also effect the availability of traditional family support. Even families that do care for their elders will need help from homemakers and other community support services. The possibility of decreased family support may mean government agencies will be asked to fill the gap.

Even with the expansion of home care and other community services for the elderly, the continued increase in the very old will require a major growth in institutions such as homes for the aged, nursing homes, and chronic care facilities. Statistics Canada has estimated that hospital utilization in Canada could increase from 21 million bed days in 1984, to an estimated 80 million bed days in 2036.

An aging population will effect the housing market. Recent trends show, the elderly are attracted to condominiums as a way of life. Retirement communities such as St. Elizabeth's Village in Hamilton will continue to develop and grow. The increased availability of alternative housing means a greater number of elderly will move after retirement and consequently increase the supply of older single family housing on the market.

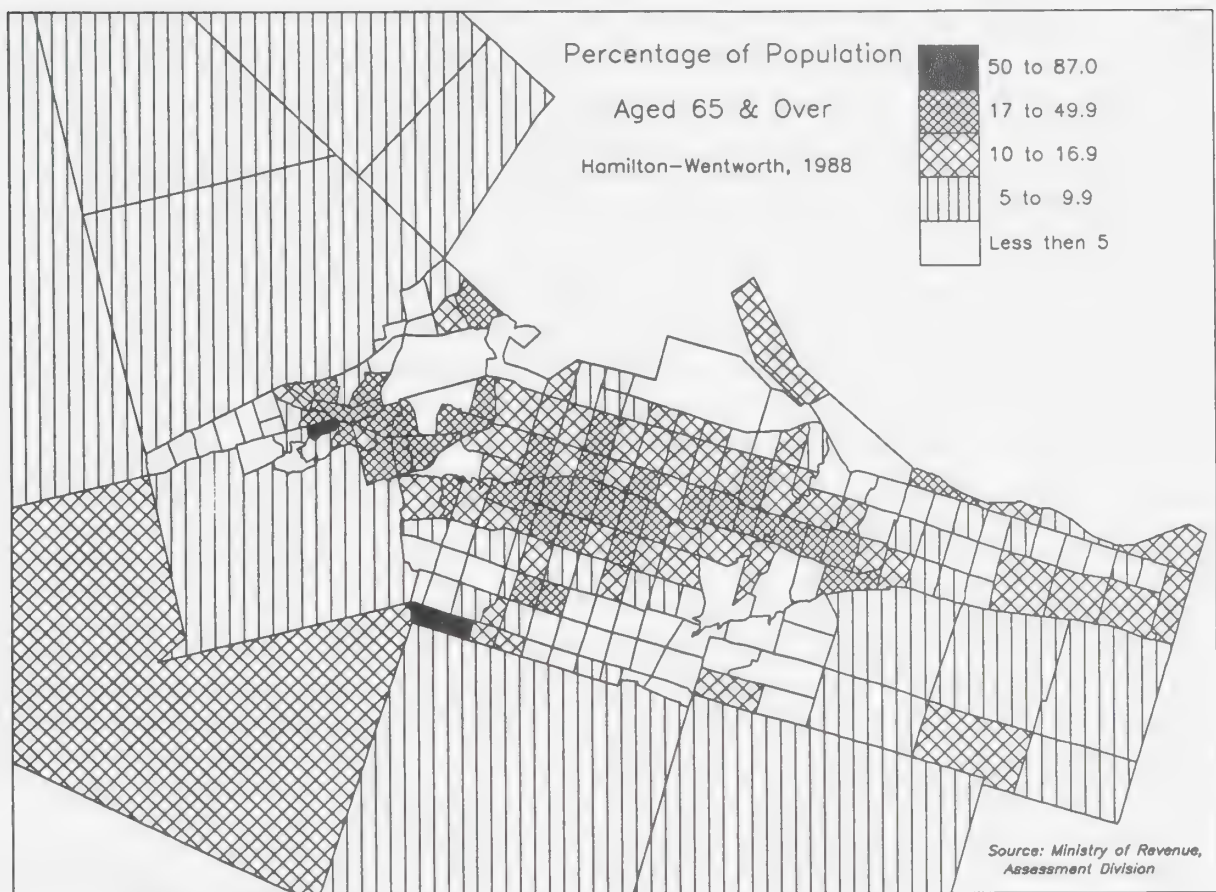
Many of the older neighbourhoods in central Dundas, Westdale, East Hamilton, Lower Stoney Creek and along the escarpment in Upper Hamilton have a large proportion of people aged 65 and over. Identifying the neighbourhoods of concentration is important for transit and social service planning plus it helps in estimating the number of resale homes that may enter the housing market in the near future.

One frequently raised concern is the ability of society to finance an equivalent range and level of services to that currently provided. The question of the "affordability" of an aging society is subject to a variety of factors; demographic developments, rate of increase in unit costs, dependency ratios, growth in the private incomes of the elderly, and the general growth rate of the economy. Projections prepared by Statistics Canada and the Organization of Economic Cooperation and Development suggest that barring significant change from current trends, Canada will be able to afford the public costs of an aging society.

Another issue of concern is the potential shift in use and mode of transportation. An older population needs more public transit plus modifications such as sloped curbs and delayed street lights will be needed for older pedestrians.

Significant changes will occur in how the elderly choose to spend their retirement years as an increased number have a better income and education and enjoyed the opportunity to travel in younger years. Prior experience influences how older people spend their retirement years.





Between 1931 and 1981 the expected lifetime of a new born child increased by 12 years for males and 17 years for females. Female life expectancies have always exceeded those of males but greater gains widened the gap, partially resulting in the large number of widowed elderly women. Unfortunately a large number of these widowed elderly women lack an adequate income. It is estimated that almost 60% of widowed elderly women are currently living in poverty.

A large proportion of today's elderly are people who came to Canada in the large immigration waves after World War Two. Many, especially women, never had access to or made use of language training. This presents a unique problem in the provision of health and social services to the elderly.

Services offered in Hamilton-Wentworth serve a market that extends beyond the region, particularly those in health and secondary education. In 1987, a bed accommodation survey was done in Hamilton-Wentworth. It revealed that 19% of the beds were occupied by people from outside the region.

## 5.2 The Family

The family is the basic support unit in our society. However, the traditional notion of "the family", with two parents and 2 or 3 children no longer applies. Factors such as easier divorce, increased participation of women in the labour force, and the changing lifestyle of the baby boom generation contributed to a more varied family structure.

There are over 290,000 families in Ontario in which 1 parent does not live with the child. Average family size in Ontario has decreased dramatically to 1.3 children per family. The decline in the number of children combined with an aging population suggests that the future dependent members of the family will be the elderly rather than children.

Women have been joining the labour force in unprecedented numbers. In 1961, only 15% of families in Ontario had both parents working. Today the proportion is well over 50%. Just under 80% of all women aged 20 to 44 are in the work force, a trend unlikely to change. By the year 2000 it is estimated that half of Ontario's labour force will be women.

Female labour force participation rates have increased most dramatically in the peak child-bearing years. In 1961, less than 35% of women aged 25 to 44 worked outside the home compared to over 75% in 1987. Over 60% of women with pre-school children are in the labour force.

The family has also changed because of declining marriage rates and increasing divorce rates. Just over 60% of Ontario's population is married, a decline from 70%, 30 years ago. Almost 1 in every 3 marriages now end in divorce, and the development of no fault divorce laws may result in an even higher rate of divorce. Following this trend, the number of remarriages has almost doubled since 1977, and almost one third of all marriages are now remarriages. Common-law unions are becoming increasingly common, making up 6% of all husband-wife families in Ontario.

The high rate of divorce and separation, has resulted in the fastest-growing "category" of family: the lone parent family. Between 1956 and 1986 the number of lone parent families in Ontario tripled, mainly as a result of the

### Declining Family Size

Percentage of Families with:

no children at home

1971	30.5%
1986	32.7%

1 child at home

1971	20.6%
1986	26.2%

4+ children at home

1971	14.3%
1986	3.7%

Source: *Hamilton Spectator*  
December 8, 1990:A7.

Number of couples in Canada,  
who got married in 1988:

187,728

Number of couples in Canada,  
who got divorced in 1988:

79,872



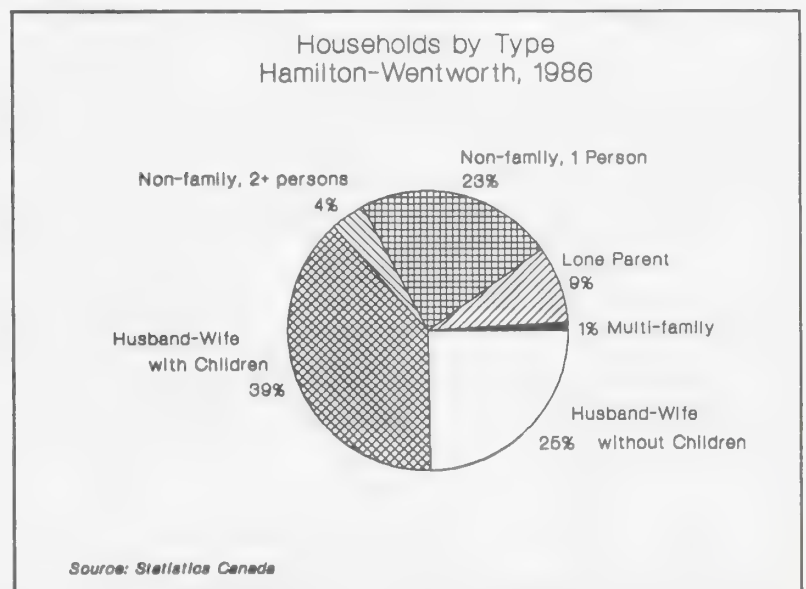
400% increase in divorced or separated single parents. The number of single parents who have never married only increased from 1,000 to 30,000, while the number of widowed single parents remained around 75,000.

The household without children is becoming more common. In 1986, in Ontario, the number of husband-wife families without children exceeded for the first time, those with children. The number of people living alone is increasing, particularly among young adults and elderly women. In 1966, 9% of Ontarians lived alone, but by 1986 this rate increased to almost 14%.

All of these trends are occurring in Hamilton-Wentworth and in some cases to a greater degree. Average household size has declined at a faster rate than the provincial rate of decline. Average household size declined from 3.0 persons per household in 1976 to 2.7 persons in 1986.

Although families with children make up the largest proportion of households in Hamilton-Wentworth, the number has remained unchanged since 1976. The largest growth since 1976 has been in single person households and lone parent families.

Of the area municipalities, Hamilton has the most diverse range of household types. Only 58% of the households are husband-wife, while in the surrounding suburban municipalities the proportion ranges from 67% in Dundas to 84% in Ancaster.



The planned suburb was an idea developed largely in the 1950s when the post-war notion of a nuclear family was the norm. The new diversity of family types challenges us to prepare land-use plans that allow and encourage the development of housing options suitable to these new family types.

Increased trends in divorce, remarriage and joint custody have increased stress for children and parents. Marital break-up affects the family's standard of living, especially that of the wife and children. After break-up people often turn to social agencies for both emotional and financial assistance.

With the majority (60%) of single parent families living in poverty questions arise over the adequacy of many social programs. The level of income assistance, access to daycare and employment training, and the availability of affordable housing are a few issues raised about why this group is living in poverty.

The increased number of lone parents combined with growth in the number of 2 working parent families will keep the need for child care in the public agenda although the number of children will not increase. Flexibility will be required in the availability of child care, and in terms of work.

### *Domestic Violence*

Family violence although not strictly a demographic trend, has an impact on our perceptions of the family. There are three types of abuse, elder, spouse and child.

Over 1 million Canadian women are battered every year. Wife abuse occurs 5 times more often in families with incomes of less than \$20,000 a year. The majority of abused women are aged 21 to 30 and over 70% have children. After leaving their spouses over two-thirds end up living in poverty.

In 1989-1990, Interval House, one of the four women's shelters in Hamilton-Wentworth, provided beds for 174 women experiencing abuse and 243 children. They also answered 1,742 crisis calls and counselled 601 women at the shelter. A survey of occupancy rates for the year revealed that all women's shelters are operating at capacity.

Victims of elder abuse are usually female, aged 75 or over, physically dependent and of low economic status. Often they are too frightened to leave abusive situations. The increased emphasis on community living over institutional care has meant an increasing number of children are responsible for providing care. Financial and emotional stresses of care result in parents being the target of abuse. An estimated 2 to 4% of all elderly individuals suffer abuse.

Child abuse has been recognized as an increasing social problem. Many of the risk factors associated with child abuse are poverty, unemployment, alcoholism, being born with a handicap, family stress, inadequate housing, and living in a high crime area. Single parents often face increased stress while lacking in support to address the needs of children. The combination leads to frustration and potential abuse. More often than not children living on the streets are running away from an abusive home situation.



Although it is debatable as to whether the level of violence has increased, greater recognition of abuse as a major social problem results an increased numbers of people leaving abusive situations and seeking help.

### 5.3 Ethnic and Cultural Groupings

Hamilton-Wentworth is a multi-cultural community with people originating from over 110 countries. Almost 25% of the people living in Hamilton-Wentworth in 1986 were born outside Canada. Between 1981 and 1986 Hamilton-Wentworth received almost 4,000 international migrants. As federal immigration levels are increased, the number of international migrants arriving in Hamilton-Wentworth will increase. Immigration is projected to account for more than half of net population growth occurring between 1988 and 2006, making Hamilton-Wentworth increasingly multi-racial. The issues of racism and barriers to services and opportunities for new Canadians will become of greater concern. Especially as the number of immigrants from Europe decline and the number from other origins increase.

Total Population by Place of Birth Hamilton-Wentworth, 1981 & 1986			
Place of Birth	Population 1981	1986	Percent Change
Born in Canada	297,595	312,915	+5.1%
Ontario	264,855	278,970	+5.3%
Other Provinces	32,740	33,950	+3.7%
Born Outside Canada	109,945	105,170	-4.3%
United States	4,345	4,240	-2.4%
Europe	94,045	87,265	-7.2%
United Kingdom	31,590	26,955	-14.7%
Italy	19,495	17,575	-9.8%
Yugoslavia	8,700	8,585	-1.3%
Poland	5,885	5,725	-2.7%
Germany	4,780	4,950	+3.6%
Netherlands	4,705	4,380	-6.9%
USSR	4,495	3,685	-18.0%
Portugal	4,430	4,755	+7.3%
Hungary	2,895	2,830	-2.2%
Greece	1,840	1,990	+8.2%
Czechoslovakia	1,375	1,365	0.0%
Austria	1,060	955	-9.9%
Ireland	480	905	+88.5%
Other Europe	2,315	2,615	+12.9%
Asia	6,560	7,825	+19.3%
India	2,095	1,905	-9.1%
Vietnam	710	1,315	+85.2%
Philippines	700	845	+20.7%
Republic of China	360	820	+127.8%
Hong Kong	515	620	+20.4%
Middle East	890	1,010	+13.5%
Other Asia	1,320	1,310	0.0%
Caribbean & Guyana	3,265	3,190	-2.3%
Jamaica	1,310	1,445	+10.3%
Guyana	700	805	+15.0%
Trinidad & Tobago	705	520	-26.2%
Other	550	415	-24.5%
Africa	815	975	+19.6%
South America	440	700	+59.1%
Central America	135	570	+1,022.2%
Australasia	340	235	-30.9%

*Source: Ministry of Citizenship, Ethnocultural Data Base.*

Although people born in the United Kingdom, Italy, and other European countries make up the vast majority of foreign born residents, their numbers are declining. Between 1981 and 1986 Portugal, Greece and Ireland were the only European born groups to increase in number.

Although their population sizes are still small, people born in non-European countries showed significant increases between 1981 and 1986, in particular people from Asia and South and Central American countries.

However, since 1986 the origin of immigrants to Hamilton-Wentworth has changed, with a large increase in the proportion from Europe. This increase has been due to people leaving Poland, Yugoslavia and other Eastern European countries. The improved freedom to emigrate and economic turmoil in these nations are the primary causes of increased immigration from these countries to Canada.

Origin of Immigrants to the Hamilton Region				
Country of Last Residence	Year			
	1979	1984	1987	1989
Europe	46%	30%	44%	48%
Africa	3%	2%	4%	4%
Asia	35%	46%	31%	38%
South America	5%	8%	4%	3%
Cent & Nth America	7%	8%	13%	4%
Caribbean	4%	5%	4%	3%

*Source: Ministry of Citizenship, Ethnocultural Data Base.*

The proportion of immigrants from Asia declined with the decrease in the number of refugees from Indo-China. The proportion has recently increased while the proportion from South and Central America declined.

The Social Planning and Research Council of Hamilton and District prepared a report in 1989 entitled "Diverse Racial and Cultural Groups' Access to the Social Service System", that highlighted the many barriers to services new Canadians and Native Canadians face. These groups face language barriers, experience difficulties in understanding their rights and responsibilities, and in identifying available services; adjusting to new cultural values and expectations, and integrating into the educational system and job market. The report also pointed out that these problems are exaggerated for refugees because of rules that prevent them from working and make them ineligible for health care.



## 6.0 Population Policies and Hamilton-Wentworth

Population trends in Hamilton-Wentworth take place within the framework of both federal and provincial policies and population trends. Federal immigration levels, and both federal and provincial economic policies, are examples of upper tier government policies that influence population trends in Hamilton-Wentworth. Global, national and provincial economic shifts influence population trends at the local level, making it difficult to accurately predict population trends, in particular population growth.

Hamilton-Wentworth serves a market and service area greater than its political boundaries. People from Burlington, Grimsby and other places outside the political boundary make use of regional services. Population and other policies adopted by other political bodies affect the need and demand for services in Hamilton-Wentworth.

Forecasting population trends is necessary for planning local services. The implementation of many provincial policies require that municipalities forecast future population growth. For example, the provincial policy statement, "Land-use Planning for Housing", requires municipalities to designate a supply of vacant land to accommodate housing growth for the next 15 years. Many trends identified in this paper are increasing in magnitude and a response is required by Regional and Area Municipal Governments.

Hamilton-Wentworth does not have an explicit population policy, but as mentioned earlier the development of the Regional Official Plan was guided by population projections prepared in 1975 that projected a population of 550,000 by the year 2001. In the Urban Policy Areas Section of the Regional Official Plan, ultimate population sizes are estimated: Binbrook 6,000 people; Winona 3,000 people; Ancaster 18,000 people west of Highway 403 and 23,000 people east of Highway 403; and Waterdown 10,000 people (note: a 1988 study by Flamborough revealed the ultimate population for Waterdown is closer to 13,000).

Although Hamilton-Wentworth has no Health and Social Services strategic plan, the Regional Official Plan does contain, in the appendix a statement of the policies of Regional council on human services and facilities. Although these policies are not approved by the Province they do indicate the direction Regional council has adopted by resolution. Policies contained in this section, cover education, library services, police and fire protection, social services and health.

Population policies are also stated in the Regional Economic Strategy. Written in 1986, the strategy suggests there are significant social and economic costs to Hamilton-Wentworth through migration losses, in particular the better educated young adults. To counter this trend the Economic Strategy sets out series of actions for increasing the region's population through the attraction of migrants from other parts of Ontario and other provinces.

No area municipal official plan contains an explicit population policy. Each area municipal official plan conforms to the Regional Official Plan and the projection of 550,000 people by the year 2001. The area municipal official plans state what their share of the 550,000 people should be in the year 2001.

The Hamilton Official Plan states, "that the density standard in neighbourhood plans should take into account the availability of existing or planned commercial and community facilities, capacity of schools, public services, and the adequacy of public open space to serve anticipated residents the neighbourhood". The current density guideline for new neighbourhood plans is 32 persons per gross acre. Other area municipalities have similar policies for the development of secondary plans.

Dundas is the only municipality whose official plan states a capacity population. The ultimate population is 30,000 but it is recognized that population growth may not occur and the final population will probably be closer to 25,000. The official plan also states residential development should be of an average density of 31 persons per gross acre.

Flamborough is in the process of developing a growth strategy and municipal housing statement. Both the growth strategy and housing statement are under public review and have not received official approval by Flamborough Town Council. Therefore the following information on future housing need is subject to possible revision.

Development in the Waterdown Urban Area is currently restricted, by capacity constraints at the Grindstone Creek Sewage Treatment Plant. Various efforts are underway by the Region to improve the servicing capacity of Waterdown by 1991. Population projections in the Growth Strategy estimate Flamborough will have a population of 50,000 people and need a total of 19,000 dwelling units by the year 2011. The current capacity of designated urban residential land is only about 13,500 dwelling units. Flamborough will need to redesignate land from rural to urban in order to accommodate an additional 5,500 dwelling units and 15,000 people.



Ancaster is in the process of developing a municipal housing statement and an urban expansion proposal. The Municipal Housing Statement projects a population of 40,000 people and 13,600 households by the year 2011. An additional 6,500 housing units will need to be constructed between 1990 and 2011. The urban expansion study recognizes that there is no immediate need for expanding the urban boundary but presents a market oriented argument for expansion. One landowner controls 70% to 80% of the developable urban land. It is argued that price competition and housing choice will not occur if the market is dominated by one landowner.

The City of Stoney Creek Municipal Housing Statement was recently approved by their City Council. The municipal housing statement projects a population of 73,000 by year 2011 and an additional 9,000 households between 1990 and 2011. The possible effect of cancelling the Red Hill Creek Expressway on population growth in Stoney Creek has yet to be determined.

Glanbrook is still in the process of preparing its municipal housing statement. The Official Plan does identify the community of Binbrook, which is designated as a Stage 2 development area in the Regional Official Plan, as the target area for future population growth in Glanbrook. Development in Binbrook is restricted by a lack of services, which are not expected to be constructed in the near future.

Hamilton and Dundas have yet to complete their municipal housing statements. Hamilton is also in the process of beginning a strategic planning exercise to identify future community needs and demands.

Hamilton-Wentworth will experience population and household growth. Population growth however, will not be large or rapid. Only a dramatic change in employment opportunities in Hamilton-Wentworth or an extremely large increase in federal immigration levels will lead to rapid population growth. A change in economic opportunities such as the Oil Boom during the 1970s would cause a slowing of population growth in Hamilton-Wentworth. The occurrence of these possibilities are impossible to predict.

## 7.0 Conclusion

Population and other social trends influence us individually and collectively. Everything from the elderly boom to the changing family are interrelated in a complex web, the unravelling of which is difficult, yet necessary for the planning and delivery of services.

As the Province devolves a greater amount of management and responsibility to Regional and Area Municipal Governments, they will be challenged to produce creative program and policy responses to these various population and social trends. This task will not be easy, because governments are increasingly faced with demands from well-organized, well-informed interest groups representing a wide diversity of needs.

Government budgets are strained, and a rethinking will occur in how public dollars are spent. Hard decisions will be made about what are the community's priority needs, so objectives will be achieved in the most cost effective manner.

Population growth and urban boundary expansion is an issue which will become increasingly important. As the Baby Boom moves into middle age and a greater number have improved financial abilities the demand for larger homes and lots could increase. The conflicting projections of future population growth and housing needs between the region and area municipalities highlights this problem.

The development of a community vision that recognizes the emerging population trends and possible effects will assist Regional Council in the identification of priorities and help in making difficult decisions.



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